

AMENDMENTS TO THE CLAIMS

The following listing of claims replaces all prior versions, and listings of claims in this application.

1. (Currently amended) A method for creating an adapted insole for preventing skin stretching of a foot at a metatarsal heads area, said method comprised of:
 - creating a positive cast of the foot ~~in plaster~~;
 - creating a specially designed insert on the positive cast, wherein said insert ~~covers creates a space in~~ the five metatarsal heads area of a forefoot, thus creating enough space for the foot to complete a step with significantly reduced bending ~~and reduced pressure~~ of the five metatarsal heads area of the forefoot during gait, resulting in prevention of skin stretching at the metatarsal heads area of the foot;
 - and

creating an orthopedic insole from the cast, wherein said orthopedic insole includes is molded on the specially designed insert.
2. (Previously presented) The method of claim 1 wherein the specially designed insert has a size between 3 mm and 35 mm.
3. (Previously presented) The method of claim 1 wherein said orthopedic insole is adapted to fit a personal foot structure of an individual person based on a special cast made from the individual person.
4. (Previously presented) The method of claim 1 wherein said orthopedic insole is adapted to fit a given one of a plurality of standard shoe sizes, said specially designed insert having a given size selected from a plurality of sizes available in each of said standard shoe sizes.

Claims 5-8 (Cancelled)